

Thursday, May 1, 2014

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LONDON metro



Friday's Jackpot

\$50 million
estimated

**PLUS 2 x
\$1 MILLION**
MAXMILLIONS PRIZES
estimated



MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOODBYE TO EARTH

PAGES 6 & 7



One more try

Mayor Joe Fontana tried to save east London's Lorne Avenue Public School before Wednesday's midnight deadline, but the school board was mum

PAGE 2

What did the cabbage say to the hemp oil?

Let's make some coleslaw! Use Metro AR for superfood info



PAGE 16

Hockey's secret is out

It took a while for the Bruins' Patrice Bergeron to be recognized as one of the best in the NHL

PAGE 21



POWER OF THE PIN

If you want to celebrate London and send a message to everyone you pass in the street, a new business has the solution, and these little buttons are just the start. Story on page 4.

MIKE DONACHIE/METRO

From London to Toronto in 71 minutes

High-speed rail.
Province's pledge lacks funding details



MIKE DONACHIE
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"We have to build and imagine and dream."

So said Ontario's transportation minister Glenn Murray, as he spoke Wednesday to business leaders at a London Chamber of Commerce event. And, his dreams certainly are big.

More details of the much-discussed high-speed rail service linking London with Toronto arrived in the Forest City during his talk, but one important detail was missing: It's not clear how it will be funded.

The proposal is that by 2025

London will be linked to Kitchener-Waterloo and downtown Toronto, with a stop at Pearson airport, by a 320-kilometres-per-hour electric train service.

Murray spoke of \$40 tickets for trains leaving London every 30 minutes. He said it will bring "a dramatic increase in employment" in London. It will also take 20,000 cars a day off highways, he promised.

The minister said the request for enhanced rail services came from businesses, and: "The answer is yes."

The plan is to use, and upgrade, the existing regional rail network between Toronto and Kitchener-Waterloo, then extend the line with new track to London.

The government's already spent \$100,000 on preliminary studies, Murray added. High-speed rail will cost, he said, be-

tween \$2 billion and \$3 billion.

And where's that coming from? That was the gap in the story.

"This is well within the means of our current spending plan," Murray insisted.

When the 2014 provincial budget is tabled Thursday, "you'll see this is a fully funded plan," he said.

But he also said the final costs aren't settled. Accusing the federal government of being "disengaged" from funding transportation, he still expressed a hope of getting the feds on board with the rail project.

Failing that, the province will look to municipalities, businesses and pension funds to hand over cash, he said.

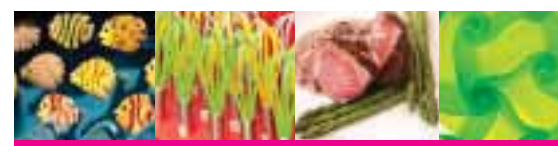
NOT EVERYONE IS HAPPY WITH THE LIBERALS' PLAN. FOR THE CITY AIRPORT'S REACTION, SEE PAGE 3



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It's looking more and more likely that Lorne Avenue Public School will close at the end of next school year. ANGELA MULLINS/METRO

Mayor pleads for Lorne Ave. school extension

Looming date.

Fontana asks for more time as deadline to save school ticks down



MIKE DONACHIE
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Mayor Joe Fontana made a last-ditch attempt Wednesday to save east London's Lorne Av-

enue Public School.

The school board, meanwhile, fell silent on his appeal.

With just hours to go before the midnight Wednesday deadline to find partners to keep the school open, Fontana wrote to Thames Valley District School Board trustees. He asked for a 30-day extension of the negotiation period for selling part of the school to the city.

A spokesman for the district did not issue a public re-

sponse despite promises to do so by end of day.

"I believe we are very close to finding a workable solution but we need more time," Fontana wrote. "This is when the TVDSB and the city need to be strong and demonstrate a full commitment to our public mandates of serving our citizens."

"We must proceed in a co-operative and progressive manner and leave no stone unturned."

The Save Lorne Ave. campaign group has praised Fontana for taking up their case. But, despite his personal involvement, negotiations between the city and the school board broke down, with each side blaming the other.

Renovation costs — which are in the millions — are at the heart of the problem.

The mayor's letter notes there are offers on the table and urges the trustees to stay on board, asking for a meeting

within a week.

"We owe it to the children, families, the neighbourhood and our city," he said. "In doing so we will exhibit a resourcefulness that might well be emulated across the province."

On Tuesday, chair of trustees Ruth Tisdale said the school will close on June 30, 2015, unless a deal could be reached by the Wednesday deadline.

But she stressed that the board would remain open to finding a use for the building.

We have a lot to learn from flies

A little fly could hold the secret to turning regular fats into biofuels able to better withstand Canada's cold winters and chilly high altitudes, says a team of Western University researchers.

Their new study published in the *Journal of Experimental Biology* shows goldenrod gall flies — insects about the size of a fingernail — have plentiful amounts of a very rare fat known as acetylated triacylglycerols.

The fat is special because no other animal on the planet uses it to store energy, the researchers say. It remains liquid at much lower temperatures than usual fats, which means it could very well be what allows the goldenrod gall to live six months without eating or drinking while surviving temperatures as low as -80 C.

Previously, only trace amounts of the fat had been found in the antlers of Japanese deer and the udders of domes-

tic cows.

The researchers' work started as a study of how freezing and thawing throughout the winter affects the gall fly's energy reserves.

Discovering the rare fat was unexpected, they said. **METRO**

On the web

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On your bikes. Cycle committee chosen

According to the London Cycle Link, the 12 members of the London Cycling Advisory Committee have been chosen.

The recently organized committee will assist the city in the implementation of the city's bicycle master plan.

Voting members are: Cycling activists Gary Brown and Charlene Quirk, William Pol of the London Cycling Club, Kevin Yaraskavitch of London Cycle Link, the Urban League of Lon-

don's George Sinclair, Maureen Zunti of the London Development Institute, Kevin Labonte from the Thames Region Ecological Association and Ian Dantzer of the London Chamber of Commerce.

Non-voting members are: London police Sgt. Gary Strang, Mary Lou Albanese from the Middlesex-London Health Unit and Paul Dubniak of the London Transit Commission.

METRO

Ombudsman. Province must take action on drivers with serious medical conditions

Ombudsman André Marin says it's "high time" the province started educating motorists about the dangers of driving with serious medical conditions such as diabetes.

Marin was prompted to investigate the implications of motorists ignoring their condition after a 2009 triple-fatal crash caused by a diabetic Hamilton man experiencing severe uncontrolled hypoglycemia.

The ombudsman's report, titled *Better Safe than Sorry*, was presented Wednesday to the legislature.

"The potential for catastrophic accidents involving drivers with conditions such as uncontrolled hypoglycemia might have been diminished had the (transportation) ministry been more proactive in promoting and monitoring driver safety," Marin said.

On June 26, 2009, while driving his SUV in Hamilton, Allan Maki swerved into a bicycle lane, killing cyclist Tony Vi Duong, 81, and then hit a small Honda carrying newlyweds Jeffrey Roche, 29, and

Hanna Gordon-Roche, 27. They were both killed when their car hit a pickup truck.

Maki was later convicted of dangerous driving causing death and had his driving privileges suspended for 10 years, but relatives of the accident victims complained to the ombudsman's office that the Transportation Ministry failed to suspend his licence for 18 months after the crash.

Marin said his probe revealed a "litany" of inconsistencies, errors and bureaucratic failures in the province's system for reporting and monitoring drivers with potentially dangerous medical conditions.

Since 1968, doctors in Ontario have been required to report patients to the Transportation Ministry if they have medical conditions that might make driving unsafe.

"But the requirement is of no value if it isn't followed up, or if it is too confusing, or if it amounts to paperwork that gets shuffled, lost or never followed up," Marin said in a speech. **TORSTAR NEWS SERVICE**



Ontario ombudsman André Marin THE CANADIAN PRESS

London Rowing Club

Get a sneak peek at Fanshawe Lake summer programs

The London Rowing Club will give a preview of summer programs planned for Fanshawe Lake during a Saturday open house.

The club, located at 199 Wonderland Rd., offers a variety of recreational and competitive programs.

A garage sale running from 8 a.m. to noon during the open house will benefit the facility's capital campaign. The campaign aims to raise \$90,000 over three years. **METRO**

Support for newborns

Health Unit offering infant hearing test

The Middlesex-London Health Unit is offering the Infant Hearing Program to all newborn children either in the hospital or in the community.

Along with hearing tests, the program includes checks to make sure a child is talking like other children the same age.

Followup support and services are available for babies who are identified as having permanent hearing loss. **METRO**



A fuel truck prepares to fill the tanks of a plane at the London airport on Wednesday. The Liberal government's proposed tax hike on airplane fuel will be bad for travellers' pocketbooks and bad for business, airport president Mike Seabrook said. **SCOTT TAYLOR/METRO**

Fuel tax, high-speed rail dire news for London airport

'It'll hurt the regional airport.'
Fewer flyers predicted if plans proceed



SCOTT TAYLOR
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The provincial Liberal government may as well have declared the airspace over London a no-fly zone for all the good it did the city's airport Wednesday, said Mike Seabrook.

First, news leaked that a four-cent-per-litre tax hike on aviation fuel will be unveiled in the government's 2014 budget on Thursday

Quoted

"It's the passenger who's going to ultimately pay for it in the end."

Mike Seabrook, London International Airport president

just as plans for a high-speed rail line between London and Toronto were being announced.

Both issues carry serious consequences, said Seabrook, president of the London airport.

The fuel tax, which currently sits at 2.7 cents a litre, would hurt the airport because it would be reflected on the fare passengers pay to fly, he said.

"In the end, any time you heap layers of cost or tax-

ation onto an airline, the airline's in it for the profit, and they're going to find ways to pass it on," he said.

It simply stands to logic, he added. The higher the airfare, the fewer travellers who will fly.

That would contribute, Seabrook said, to an industry term known as leakage, which describes Canadians choosing American airports for their departures.

"If you heap these taxes and costs on, it just makes

the industry less competitive, and it compels people more to drive to these U.S. airports for cheaper airfare," he said.

The double whammy Wednesday was news of plans to assess the viability of a high-speed rail line between London and Toronto's Pearson International Airport.

"High-speed rail that connects to downtown Toronto would be beneficial for London, but hooking it up to Pearson will be detrimental to regional airports in Ontario," he said. "We rely on our commuter aircrafts to hook up with Toronto."

"Any time you can make it easier to get to a large international airport, it'll hurt the regional airport."

Spending plan

Speaking of the provincial budget...

The Ontario budget proposal is expected to include a tax increase for some and higher wages for others.

People earning more than \$150,000 will face higher taxes, and the

province's lowest-paid public servants — personal support workers who care for seniors in their homes — will get an across-the-board raise.

The spending plan, to be unveiled Thursday, calls for a \$4-an-hour pay increase, bringing the workers' wages to \$16.50 an hour over the next two years.

The new tax is expected

to be levied only on income earned above \$150,000.

That means someone making \$200,000 would pay additional tax on the \$50,000 above the threshold.

It will be charged on about 260,000 individuals — not households with combined incomes of \$150,000 — and Liberal insiders say it is "very

popular" in focus groups the party has commissioned against the backdrop of a possible June election.

Finance Minister Charles Sousa declined to discuss details of any tax changes, emphasizing the raises for the 34,000 employees that will cost \$50 million this year should be "offset" by savings to the health-care system. **TORSTAR NEWS SERVICE**



Titus Ferguson, one of the partners in This City, holds a badge for sale on their website. T-shirts and prints are also coming, but will be printed on demand. MIKE DONACHIE/METRO

Love London? Try wearing your heart on your sleeve

This City. New range of products celebrates the place we call home



MIKE DONACHIE
mike.donachie@metronews.ca

Are you proud to be a Londoner? If so, these guys have a new way for you to show it.

Say hello to This City, a startup by two friends that

lets people show their love for London. On Wednesday, Kevin Van Lierop and Titus Ferguson launched their new product line of made-to-order T-shirts, prints and buttons.

"If you go to New York, you can get awesome T-shirts about New York, and you go to Toronto and there are great posters that depict the city," said Van Lierop, 31. "When you come to London, there isn't that much merchandise that I would be willing to put

on my body."

And so an idea was born. "We're both proud of the city ... and its opportunities and the brand that it has and the history that it has," added Ferguson, 28. "We thought it would be simple to create a design line that did that."

One rule: It had to be "something people can use."

"We wanted to create a product line showcasing the city's brand that we could give out as gifts and could

be shared as tourist items, as well as would carry pride for people who lived here their entire life or lived here for school," Ferguson said.

And we should feel pride, they said, and ignore some of the pessimism prevalent in London recently.

"Lately, (London) has had enough bad press ... to last a lifetime," Van Lierop said.

If the London line is successful, This City may expand to other locations.

Love your LdnOnt

There are various product packages, priced between \$25 and \$60.

- The prints, buttons and shirts come in three types: Forest City, the area code 519 and — in an echo of the logo of a well-known pop manufacturer — LdnOnt.

- To get your hands on them, visit shop.thiscity.is and place an order before May 31.

- The makers promise that only a limited number will be produced. Orders will be available in June for pickup or delivery within London.

Bodybuilding

Time to bust out the buff bods

London's about to get a look at some of the most pumped-up bodies the area has to offer.

The Stephanie Worsfold Classic bodybuilding competition will take over Centennial Hall on Saturday.

The show was started by Worsfold, a Woodstock native. **METRO**

St. Paul's Cathedral

Benefit dinner to help feed poor

Supporters of the St. Paul's Cathedral Daily Bread Food Bank and Fellowship Centre will have their sixth annual soup-and-sandwich dinner on May 12. The guest speaker is Steve Stacey, director of the Local Community Food Centre, the new food-security project in Stratford, Ont. **METRO**

Cancer. Society hopes Mother's Day Walk helps achieve \$1-million goal

The Breast Cancer Society of Canada is hosting a Mother's Day Walk in Gibbons Park to raise money for research.

With more than \$900,000 raised in the past 11 years, organizers are looking to hit the million-dollar mark in 2014.

This year will also mark the final donation in the so-

ciety's five-year, \$2.5-million commitment to the Pamela Greenaway-Kohlmeier Translational Breast Cancer Research Unit at London Health Sciences Centre.

Registration details for the walk are at mothersdaywalk.ca. Mother's Day is May 11. **METRO**

Pillar Nonprofit Network. \$2,500 cheque for charity awaits local do-gooders

The Pillar Nonprofit Network is accepting nominations for its annual Community Innovation Awards.

Nominations must be received by 4 p.m. on May 30. Categories include innovation, leadership, impact and collaboration. Winners receive \$2,500 each to be given

to a charity of their choice.

Any area non-profit, charity, individual, business or government-sector organization doing work that reaches the London area is eligible.

Check pillarnonprofit.ca/communityinnovationawards for nomination forms and details. **METRO**



Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in northeast Nigeria protest in the capital over the government's failure to rescue the girls.

GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19

people, including 10 children, activists said.

Parts of the two-storey Ein Jalout school appeared to have been completely smashed, according to activist videos, which showed blood splatters, twisted metal and children's items, like a little red heart-shaped box. Syria's largest city has been divided between government forces and rebels for nearly two years. **THE ASSOCIATED PRESS**

Russia

Fire at military warehouse leaves 10 people dead

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

In a statement published early on Wednesday, the defence ministry said 10 people who were travelling

in a truck near the depot when the fire broke out late on Tuesday were found dead. Two of the victims were military personnel while the other eight were civilians who worked at the base.

The ministry said the fire had been extinguished, but provided no information about the cause of the blaze or how the victims died.

THE ASSOCIATED PRESS

Schoolgirls forced to marry their abductors?

Nigeria. About 50 girls managed to escape in the first days after their abduction, but 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization said Wednesday.

Parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about \$12) to marry the

fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second-largest city, in the north. **THE ASSOCIATED PRESS**

Tracking the kidnappers

Girls may be across border, senator says

A senator said Nigeria's military is aware of the movements of the kidnappers and the girls because he has been feeding them details he has gathered.

"What bothered me the most is that whenever I informed the military where these girls were, after two to three days they were moved from that place to another. Still, I would go back and in-

form them on new developments," Sen. Ahmad Zanna told the Nigerian online news site Persecond News.

Zanna said some of the girls are in Kolofata in Cameroon, about 15 kilometres from the border with Nigeria. He said one of the insurgents had called a friend in Borno state to say that he had just got married and was settling in Kolofata. Zanna also said three or four days ago Nigerian herdsmen reported seeing the girls taken in boats onto an island in Lake Chad.

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Good-bye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones



JEREMY NOLAÏS

Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an inter-planetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian

rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their

day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand."

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing."

"We try to instil in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on the Red Planet is so alluring, and what awaits us in the future.



Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the



A world to gain

"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"

Zac Trolley, Calgary engineer and potential Mars voyager

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAÏS/METRO IN CALGARY

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and

Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat

for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

JEREMY NOLAÏS/METRO IN CALGARY

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to metronews.ca for videos on life — including good hygiene — in space

A day in the life of a space settler



A general view of a "Space Toilet" is seen in a "Space Habitation Module" at Miraikan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified,

and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO IN CALGARY



fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your

run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.

- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to



Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

create up to 600 pounds acting against astronauts

performing squats, dead lifts, and so on.

Ex-employee arrested after deadly shooting spree at B.C. sawmill

47-year-old in custody.

Police provide no details on a possible motive for attack that left mayor of Nanaimo 'shocked'

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one



An RCMP officer walks away from the scene as forensic teams look over a truck in the parking lot following a shooting at the Western Forest Products sawmill in Nanaimo, B.C., Wednesday that left two men are dead and two others hospitalized. CHAD HIPOLITO/THE CANADIAN PRESS

by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released

about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of

about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then

moved into the mill's offices.

Members of the RCMP emergency response team were on the scene within three min-

Quoted

"The families and the mill employees will now have to cope with the tragedy that unfolded here today, as will the community of Nanaimo. It's going to be a challenge."

RCMP Supt. Mark Fisher

utes of the first 911 call, said Fisher. Officers quickly arrested the suspect and seized a shotgun, he said.

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. **THE CANADIAN PRESS**

'Post-antibiotic era'

WHO says deadly superbugs have spread worldwide

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria, which causes problems including meningitis and infections of the skin, blood and kidneys. The agency noted there are countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea.

Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned in a release. **THE ASSOCIATED PRESS**

Beached to teach. Ottawa arranging for museum to take home whale carcasses

Ottawa is working with a Canadian museum on an agreement to take ownership of carcasses of whales that have been beached along Newfoundland's west coast, Federal Fisheries Minister Gail Shea said on Twitter late Wednesday.

Shea said the deal with the undisclosed institution will benefit the affected communities "and ensure these magnificent whales contribute to the education of museum visitors."

Shea said federal fisheries staff are on site to limit any public safety risks until the whales are removed. No other details were offered.

A spokesperson for Shea declined to say which museum the government was working with, adding that more information will be available Thursday. Sophie Doucet said in an email that it's expected to be a couple of days before the whales are removed.

The whales were among nine that died trapped in thick sea ice earlier this spring, said Jack Lawson, a researcher with the federal Fisheries Department. A third whale that washed ashore has since drifted from Bakers Brook off the coast of Gros Morne National Park, he said. **THE CANADIAN PRESS**



A rotting blue whale carcass sits on the shore in Trout River, N.L., on Sunday. DON BRADSHAW/NTV NEWS/THE CANADIAN PRESS

Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."

Reflecting the embarrass-



Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

ment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the inter-

views, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

THE ASSOCIATED PRESS



The end of a dream ... for now

Daniella Longchamps demonstrates outside the National Restaurant Association's 28th Public Affairs Conference on Tuesday in Washington, D.C. Senate Republicans blocked an election-year Democratic bill on Wednesday that would boost the U.S. federal minimum wage, handing a defeat to President Barack Obama on a vote that is sure to reverberate in this year's congressional elections. ALEX WONG/GETTY IMAGES

Broker to producer

StubHub goes from supporting to main act

You can soon buy concert tickets from StubHub for shows produced by StubHub.

The company, which helps brokers and fans buy and sell tickets on its website, announced Wednesday it will sell tickets to concerts that it will produce. It has five shows planned so far featuring "emerging acts" and will launch its first self-produced concert May 18 in Los Angeles.

THE ASSOCIATED PRESS

Pew Research Center

39% of Americans changed password after Heartbleed

Most Americans who recently learned about a major breakdown in Internet security nicknamed Heartbleed have been trying to protect themselves, according to a new survey by the Pew Research Center.

Passwords were changed or online accounts were closed by 39 per cent of the Internet users in Pew's telephone survey of 1,501 adults taken in the U.S. from April 23-27.

THE ASSOCIATED PRESS

Online purchases

Aeroplan partners with Shop.ca

Love shopping? Love travel? Perhaps you love shopping while you travel?

Aeroplan announced Tuesday a new partnership with Shop.ca, making it easier for shoppers to earn Aeroplan Miles on their online purchases.

Users will also be entitled to free shipping and returns in 28 product categories including electronics, sporting equipment, home furnishings and more.

METRO

In North America, the rich get richer and the poor get poorer

Inequality.

While the top 1% in Canada and the U.S. line their pockets, the 99% make do with less

Canada is among the worst in the developed world in terms of the widening income gap, according to a new OECD paper.

The analysis shows income inequality has grown in most advanced economies represented in the Organization for Economic Co-operation and Development over the past three decades, but the United States and Canada are near the top in terms of growth and in absolute terms.

The OECD says the top one per cent of Canadian pre-tax income earners captured 37 per cent of the overall income

growth between 1981 and 2012, and now account for 12.2 per cent of the country's total annual income.

In the United States, the top one percenters captured 47 per cent of the total income growth in the country during the period — and now share one-fifth of the country's pre-tax income.

Meanwhile, incomes among the poorest households have not kept pace with overall income growth, the OECD says, and in fact stripping away the top one percenters would leave overall income growth considerably lower in many countries.

This is why the majority of the population can't reconcile their countries' economic growth rate with improvements in their incomes, the OECD report speculates.

The OECD data shows income disparities, while grow-

ing in most of the 34 economies it tracks, varies greatly from country to country, with little correlation as to the economic performance during the period. THE CANADIAN PRESS

Market Minute

DOLLAR
91.24¢ (-0.08¢)

TSX
14,651.87 (+68.76)

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\$99.74 US (-\$1.54)

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Dow Jones: 16,580.84 (+45.47)



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From May 1-15, Jumpstart invites you to play for your chance to win 1 of 5 Canadian Olympic Committee blankets. To play, use your Metro News App and scan to start. Just tap the ball and shoot into one of three hoops.

TOP HOOP:
3 points

BOTTOM HOOPS:
2 points

THE TOP 5 SCORES ACROSS CANADA BY MAY 15 WINS!

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

THE DIFFERENCES ARE STILL CUTE

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both



HE SAYS

John Mazerolle

metronews.ca

senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a

couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles



A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"



CHRISTOPH GIELEN
Artist/photographer,
46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes.

Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and de-

signs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So, you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. **METRO**

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In this issue, you can find AR enhancements on page 12 in Scene, page 16 in Life and page 21 in Sports

MetroTube

Hamster gets served tiny labour of love



ANDREW FIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course! (Via Hello Denizen on YouTube)



SCREENGRAB

Guelph singer Alanna Gurr and band drop new album

The Greatest State.

New crowd-funded record Late at Night a bit more upbeat and rocking than last album



BACKSTAGE PASS

Mila Petkovic
london@metronews.ca

She makes such sweet and sultry folk. Her charming, slightly raspy voice floats over the warm twang of the pedal steel guitar and fills your ears with earnest, heartbreaking stories of love, loss and longing.

Guelph-based artist Alanna Gurr and her band The Greatest State (featuring bassist Joseph Gallo, guitarist and vocalist Matt Monoogian and drummer Micheal de Paola) just released their third album Late At Night, and will hit the London Music Club stage on Friday.

The new record was crafted and honed over two years, says Gurr.

"I always write late at night in my room or in the basement. I definitely knew I wanted to put it on vinyl, and I was picturing people listening to it in their living rooms at night."

Despite its late-night aesthetic, the album is a bit more upbeat and rocking than some of the slower country ballads of her previous album Oh, Horsefeathers.

"I think the vibe of the record is a lot different than the last one, which was a break-up record. I'm feeling a bit more



Alanna Gurr & The Greatest State will showcase their new album at the London Music Club on Friday.

CONTRIBUTED

confident now. I've kind of grown into this sound," says Gurr, who chose to record the album mostly live off the floor

(at Candle Recording Studio in Toronto and Tapes and Plates in Welland) to preserve the original mood and warmth of

her songs.

Crowdfunding on Kickstarter also helped get the album off the ground, bringing in around \$4,000.

"We had raised half through shows and album sales, but we couldn't have made the record without people's help, and it's kind of like they are part of it now," Gurr says. "I got to know a lot of people through it, too, mailing and hand delivering albums."

The folk artist is no stranger to London. She attended

Around town

On the stage: Nomad Theatre Presents: Ties of Blood: The Brontës, a vivid dreamscape that interprets the lives and art of the Brontë siblings. Written by Caity Quinn, the play runs from May 7-10 at 8 p.m. plus a 2 p.m. show on May 10 at The Arts Project (203 Dundas St.). Tickets are \$20 for adults or \$15 for students. Check artsproject.ca for details.

- Tunes: The Hidden Cameras are playing Call The Office (216 York St.) on Friday. Doors open at 9 p.m. Tickets are \$10.

Western University for piano technology, and makes a living tuning and repairing people's pianos (sometimes even while on the road).

In fact, it was in London that she started writing songs on guitar after she joined an all-girl's jam group called Chutney Sessions.

"I grew up with a lot of guys that played music, and didn't feel there was room for me. It was intimidating. Chutney Sessions was such a big part of why I started playing music in front of people. The group was so welcoming," says Gurr.

See her band play on Friday at the London Music Club (470 Colborne St.).

Buttery-voiced Beth Prysnuk will open the evening, while the energetic Lowlands will end the night on a high note. Music starts at 10 p.m. Tickets are \$8.

Quoted

"I don't need that many tools, so I try to put them in my guitar case because I can make a bit of money or excite someone if I stay at their house. It takes about three hours to tune a piano, so it can be hard to find the time."

Alanna Gurr on her job as a piano technician. Sometimes she finds time to tune on tour.

2 SCENE



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James Blunt gets a little more personal with Moon Landing

New recording. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT HEALY
Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, *Moon Landing*, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, *Back to Bedlam*.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take *Goodbye My Lover* on the first album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know



You think James Blunt's not tough? Just check out that shirt. GETTY IMAGES

what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how

hard and rough it is to get in a serious fight.

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more brave to sing about."

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."

It's taken a while for Blunt to come to this level of disenchanted acceptance of his critics and audience.

"My first record I cut to try and get a record deal, and I did," he says. "I made

Reunited

For *Moon Landing*, Blunt enlisted producer Tom Rothrock, who helmed *Back to Bedlam*, the album that spawned *Goodbye My Lover* and the "one song that the whole world knows," *You're Beautiful*.

the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

"And because of that I wrote a reactionary album called *All the Lost Souls*. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called *All the Lost Souls*. It's not a happy title."

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is *Miss America*, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we spectated that and her story is not unusual," says Blunt.

"Amy Winehouse was something similar, even Princess Diana, where we spectate to such a degree that we almost become players in their downfall, because every time we buy magazine to read about their worst moments, or go online to see picture of them, another paparazzi is sent out and with every new lens that is pointed in their faces I think their world becomes that much smaller and their problems much more intense and I think it contributes to their downfall."

Quoted

"I don't sing about my successes and how rich I might be — I sing about my failures, my hopes."

James Blunt, singer

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Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume

they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Wanna marry Prince Harry? The royal is single again

MELINDA
TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince

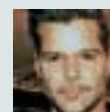
Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal watchers expected them to get engaged.

Twitter



@mindykaling
my head is too heavy it flattens even the firmest of pillows



@ricky_martin
You have to believe that in the end, all the dots are going to connect.



@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina



Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing

with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.



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Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS



Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, \$59, zara.com



Saint Laurent

Metallic bomber jacket, \$1,224, farfetch.com



ASOS

BLACK Printed panel T-shirt, \$38, asos.com



COS

Technical jersey trousers, \$76, cosstores.com

Raf Simons x Adidas

Sneakers, \$440, mrporter.com



Gadgets meet garments online

High-tech, high style.

Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as

part of its U.S. site.

It organizes devices across five categories: fitness and wellness; health-care devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers

to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013



Will you be ordering up your share of smart style? CONTRIBUTED

and believes that by 2018, that number could be as high as 100 million.

AFP

3 LIFE

PLUS HOMES

Barney and the Purple People Eater would surely approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour

of the sauerkraut," writes Julie Daniluk in *Slimming Meals that Heal*. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria."

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing

FLASH FOOD



From your fridge to your table in 30 minutes or less

benefits of magnesium and omega-3 fatty acids."

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

3. Add dressing to salad and combine until salad is evenly coated.

RECIPE EXCERPTED FROM *SLIMMING MEALS THAT HEAL* BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A



This recipe serves six. JULIE DANILUK

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Cookbook of the Week

Eat well, get healthy



Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain. The release offers 125 recipes that don't require you to count calories and includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance. Dishes include: Skinny Onion Rings, Low-Cal Turkey Chili and more. **METRO**

Ingredients

Salad

- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced

Dressing

- 2 tbsp hemp hearts
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt or grey sea salt



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How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious



DESIGN CENTRE
Karl Lohmes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might live in. Here are my top four rules:

Tones and colour

- Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.

- Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.
- When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

- You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.
- To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.
- Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth, especially in foyers and bedrooms.

Scale of furnishings

- There is an art to creating

the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.

- The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

- Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.
- Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.



Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, \$1,100, potterybarn.com



One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, \$395, thebay.com



Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, \$29.99, ikea.ca

Introducing the 'shelfie.' Is your home ready for its close-up on social media?

You've heard of the selfie, but the latest online craze is all about showing off your intellectual and esthetic taste rather than your cheekbones.

The "shelfie" has seen online vanity transferred to the subject of home decor, with hoards of social media users taking to Twitter and Instagram to share snaps of their most intimate and artistic storage solutions for books, newspaper piles, perfume bottles and teapot displays.

The Internet's latest gift to humankind was born on Instagram, where carefully composed still-life pictures, typically of crammed bookshelves, can be easily identified via the hashtag #shelfie. The concept has since spread to Twitter and even publisher Penguin has gotten in on the act.

Nicknamed "the selfie for intellectuals," the trend has grown to include still-life shots of general interiors. The term shelfie was coined by the Wall Street Journal after Instagram user Alice Gao attracted more than 13,000 likes for her artfully arranged composition of a teapot and quince blossoms



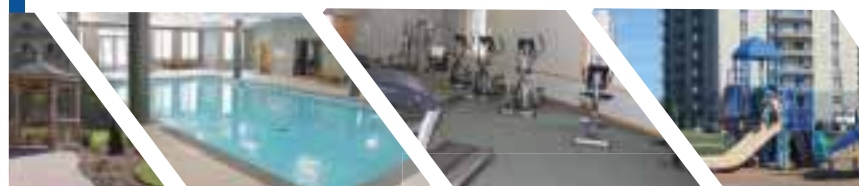
This shelfie of author Nina Stibbe's books was tweeted by Penguin Books. TWITTER

resting by a magazine. So will it last? And more

importantly, is your home shelfie-ready? AFP

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Before you nail it down...

Plan your renovation. Experts suggest you consider timing, alternate accommodations

JENNIFER
TAPLIN
For Metro

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meaghan Riopel with Jameswood Homes in Calgary, said homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best be-



Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

cause contractors are less busy and are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have

their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay

for themselves through savings on utility bills as well as adding greater resale value.

Before ripping down walls or ripping up the floor, CMHC says it's a good idea for homeowners to ask themselves how appealing

the renovation would be to a buyer in the future. If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

Finances. Make your reno a reality

JANE
DOUCET
For Metro

Just as there are many reasons to renovate a home — including to save energy, make room for an expanding family, increase resale value or improve safety — there are several ways to finance the renovation.

According to the Canada Mortgage and Housing Corporation (CMHC), whether you plan to self-finance or borrow money, you should talk to a financial adviser and your banker before you make firm plans. The Canada Mortgage and Housing Corporation lists the following home reno financing options:

Yourself: You may be able to save enough money to pay for a small reno outright. This is often possible if you plan to do the work yourself, which means you will only have to pay for materials.

Credit card: You can use a credit card for smaller renos. Just be careful not to carry

the balance for too long because interest rates can exceed a whopping 18 per cent.

Personal loan: You will pay regular payments of principal and interest for a set period, typically one to five years. You also have the option of a fixed or variable interest rate for the loan's term. A personal loan's interest rate is usually lower than that of a credit card.

Personal line of credit: This is ideal for ongoing or long-term home projects because you can access your funds at any time and you will receive a monthly statement to help track expenses. A line of credit offers lower interest rates than credit cards and charges interest only on the funds you use each month.

Secured lines of credit and home equity loans: These are secured by your home's equity and offer preferred interest rates. However, initial set-up costs, including legal and appraisal fees, usually apply.



Pick a financing option that suits your renovation. SHUTTERSTOCK

Mortgage refinancing: This option lets you spread repayment over a long period at mortgage interest rates, which are usu-

ally much lower than credit card or personal loan rates. Initial set-up costs, including legal and appraisal fees, may apply.

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Seven ways to renovate your home

YLVA
VAN BUUREN
For Metro

Whether you are preparing to sell your home or putting it into better shape for your own living pleasure, here is a guide to the value of renovations.

1 Kitchen: Any type of kitchen renovation,

from modern cabinetry to under-cabinet lighting to new appliances, gets a thumbs up from experts. Justin Havre, CIR Realty, Calgary, said spending between 10 to 15 per cent of your home's value for a major kitchen reno should get you a potential return of upwards of 40 per cent or more if you sell even five

years down the road.

2 Bathroom: This is the next most valued renovation. For resale, add a new bathroom if your house only has one.

3 Income suite: Homeownership.ca says adding a granny suite is a great way to increase the value of your home. But it can cost \$40,000 to \$50,000 to reno-

vate a basement, said Brian Ross of Re/Max Hallmark Realty, Toronto. "It's not a guarantee you'll make it all back if you sell."

4 Paint: A fresh coat of paint will get you the best return on your money, Havre said. "In the resale market, you can see upwards of 110 per cent return."

5 Repairs: Do the obvious necessary renovations, such as replacing a deck if the wood is rotten, which can impact the overall value of your home.

6 Green Living: The Appraisal Institute of Canada says energy-efficient renovations have a high return relative to cost for you or for resale. Homebuyers

like safe and environmentally friendly features, too, such as wood floors, efficient toilets and showers, and low VOC paint.

7 Vinyl siding: This is another fairly inexpensive renovation that will do a lot to spruce up the outside of your home, according to the website houseimprovements.com.

Eco-friendly upgrades can save you cash

JANE
DOUCET
For Metro

There's no question that home renovations are big business and that more and more people want their renos to be planet friendly.

"For the last five years we have seen a major increase, year over year, of homeowners requesting eco-friendly products in both their new homes and renovations," said Joe Geluch, the president of

Naikoon Contracting Ltd., a North Vancouver-based company specializing in green builds.

Many of Geluch's clients have been requesting the following planet-friendly features in their home renos:

Triple-glazed windows: Geluch and his crew have installed triple-glazed windows in at least half of the homes they have built this year.

Solar panels and solar thermal: There has been a spike

in the demand for solar products. The costs have come down substantially over the years, making it more affordable to install on homes.

Non-toxic products: Homeowners are choosing low-VOC (volatile organic compound) paints and finishes, plus non-toxic/non-off-gassing products. "Hard-surface flooring throughout homes along with radiant heat and a heat-recovery ventilator makes for a premium comfortable home for

anyone with environmental sensitivities," Geluch said.

Low-flush plumbing fixtures: "These are becoming the norm and we always install the lowest available," Geluch said.

Drainwater heat-recovery stack: This is a copper drain stack that extracts heat from wastewater flow and transfers the heat back into the tank from which the hot water is coming.



Homeowners are choosing eco-friendly paints and finishes. SHUTTERSTOCK

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Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Raptors hang on for the win despite being outscored by 20 in the fourth

Kyle Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets, giving

Game 5

115 113

Raptors

Nets

ing the Raptors a 3-2 lead in

their best-of-seven playoff series.

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors, who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada

Centre, but held on for the victory.

Joe Johnson led the Nets with 30 points, while Mirza Teletovic added 17, and Deron Williams and Alan Anderson finished with 13 apiece.

The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

THE CANADIAN PRESS

Donald Sterling

L.A. overwhelmed by fans' support

Several hours after owner Donald Sterling was banned from the NBA for life, the Los Angeles Clippers sprinted and soared through a playoff game as if a weight had been lifted from their collective shoulders.

The Clippers finished a tumultuous day with a 113-103 victory over the Golden State Warriors on Tuesday night, leaving their home court to high-fives and standing ovations from fans enthralled by the prospect of watching an NBA title chase without Sterling in his front-row seat.

"We have a tough locker-room, all of us are tough, but it almost brought out tears to your eyes just to feel the support from the fans," said Chris Paul, the Clippers' star point guard.

THE ASSOCIATED PRESS

Clippers for sale

Oprah interested in buying team

If Donald Sterling is compelled to sell the Los

Angeles Clippers, the list of potential buyers will have more stars than the team's roster. Oprah

Winfrey leads the list of wealthy luminaries who announced their interest in purchasing the club shortly after NBA commissioner Adam Silver banned Sterling from the league for life. Others that have shown interest include music mogul Sean Combs and Floyd Mayweather Jr., who wants to form a group to buy the team. THE ASSOCIATED PRESS



Oprah Winfrey
GETTY IMAGES FILE



Tim Duncan posts up against Shane Larkin of the Mavericks in Game 5 on Wednesday in San Antonio, Texas. CHRIS COVATTA/GETTY IMAGES

Brand new pop Parker pushes Spurs past Mavs

Tony Parker had 23 points hours after the birth of his first child and the San Antonio Spurs never trailed in a 109-103 victory over the Dallas Mavericks on Wednesday night, taking a 3-2 lead in their first-round series.

Manu Ginobili had 19 points and Tiago Splitter added 17 points and 12 rebounds as San Antonio regained home-court advantage in the tense series against their intrastate rival.

Game 5

109 103

Spurs

Mavericks

Tim Duncan added 16 points and 12 rebounds and Kawhi Leonard had 15 points for the

Spurs.

Vince Carter scored 28 points, making numerous contested shots in going 10-for-16 from the field for Dallas.

After averaging 16 points in the series' first four games, Mavericks forward Dirk Nowitzki found the stroke in scoring 26 points. Nowitzki was 10-for-20 shooting, but it wasn't enough to overcome Parker and the Spurs returning to form. THE ASSOCIATED PRESS



Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

No longer league's best-kept secret

Just one of the best.

Beyond Boston's playoff runs, Olympics showed why Bruins forward is elite

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the

28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron

had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said. "That's a pretty tough, but important, job."

It's also an important job to play with Crosby, whose unique talent level and mental acuity are often difficult to match. Bergeron said during the Olympics that the challenge is to be at his best when on Crosby's wing.

"It's about trying to find him when he's open but also it's getting open for yourself, not just trying to feed him," Bergeron said of Crosby. "You give him the puck in your zone and he does his thing."

Sochi gave Bergeron an international showcase to show his stuff, but he has been a key cog for the Bruins for a number of years. He has played 70-plus games in eight of nine full NHL seasons since entering the league in 2003 and had 20

Rivals meet again

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semi-final opens Thursday night in Boston, and this one promises to be as nasty and closely contested as ever.

- As is the tradition, it pits the bigger, more physical Bruins against the Habs, who are built on quickness and puck pressure.

points in 23 games when Boston won the Cup in 2011.

This season, though, he was downright dominant at times. With 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle, Bergeron was the Bruins' most important forward as they won the Presidents' Trophy.

THE CANADIAN PRESS

Marc-Andre Fleury. Penguins goalie hopes flameouts are behind him

Pittsburgh Penguins goaltender Marc-Andre Fleury knows the critics will always be there.

If his play in the Penguins' recent Eastern Conference playoff series is any indication, he doesn't seem to mind.

Fleury passed his confidence test with flying colours, winning his first post-season series in four years as Pittsburgh beat Columbus in six games.

He hopes the ride continues as the Penguins prepare for a second-round showdown with the New York Rangers or Philadelphia Flyers.

"It was definitely a great feeling," Fleury said after practice on Wednesday. "It's been awhile."

It certainly has been for Fleury, the franchise's career wins leader who has struggled in the post-season since helping the Penguins win the Stanley Cup in 2009.

He helped Pittsburgh make it to the second round in 2010, but was in net for first-round



Marc-Andre Fleury GETTY IMAGES

flameouts in 2011 and 2012 then lost his job to journeyman Tomas Vokoun last spring.

Fleury regrouped during the off-season and his steady performance against the Blue Jackets helped the Penguins avoid a major upset.

"Unless you win the cup, there will always be critics no matter what, even if he does win the cup," defenceman Paul Martin said.

THE ASSOCIATED PRESS

One happy Devil. Jagr staying put in New Jersey

Devils leading-scorer Jaromir Jagr will remain in New Jersey.

"I was happy being here," the 42-year-old Jagr said Thursday in a conference call from Belarus, where he is playing for the Czech Republic in the world championships.

"What would happen? Someone might give me more money, but nobody can guarantee me that I'd be happy someplace else."

The Devils did not release terms of the contract, Jagr said

Bill Masterton memorial

Jaromir Jagr, Carolina Hurricanes' Manny Malhotra and New York Rangers' Dominic Moore are the finalists for the Masterton Trophy.

- The honour goes "to the player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey."

it was a one-year deal. The contract is believed to be worth \$6 million with incentives.

Jagr led the Devils last season with 24 goals and 43 assists. THE ASSOCIATED PRESS

WHL

Reinhart named player of the year

Kootenay Ice captain Sam Reinhart is the Western Hockey League's player of the year.

The 18-year-old centre from Vancouver led the Ice in scoring with 36 goals and 69 assists in 60 games.

Reinhart also had six goals and 17 assists in 13

playoff games for the Ice, who were eliminated in the second round.

Reinhart is also a top-ranked prospect for the NHL entry draft in June.

He is the son of former NHL defenceman Paul Reinhart.

His brother Griffin plays for the WHL's Edmonton Oil Kings and another brother Max is a Calgary Flames prospect.

THE CANADIAN PRESS

Like fine wine

"I didn't think a guy that's already played eight or nine years can get better each and every year, but he is."

Brad Marchand on his Bruins teammate Patrice Bergeron

MLB. Scherzer completes two-game sweep of White Sox with 6 shutout innings

Max Scherzer wasn't at his best Wednesday.

But it was more than enough to beat the White Sox.

Scherzer threw six scoreless innings and the Detroit Tigers beat the Chicago White Sox 5-1 to finish a two-game sweep.

Scherzer (3-1) won his third straight start, allowing four hits while striking out seven to become the first pitcher in team history with at least seven strikeouts in each of his first six starts.

He also became the first in the majors to do it since Tim Lincecum began the 2010 season with at least six strikeouts in his first seven starts.

But it was the three walks and 105 pitches that gnawed at the reigning AL Cy Young Award winner.

On Wednesday

5

Tigers

1

White Sox

"They fought me all the way through the whole at-bat," Scherzer said. "I just thought I could have been a little more efficient so I could have pitched deeper into the game."

Scherzer beat the White Sox for the second straight time, following up his April 24 win when he went six innings and allowed two runs in a 7-4 victory.

THE ASSOCIATED PRESS



Tigers pitcher Max Scherzer delivers the ball against the White Sox on Wednesday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Figure-skating pair

Moore-Towers, Moscovitch split

The Canadian pairs figure skating duo of Kirsten Moore-Towers and Dylan Moscovitch is splitting up almost three months after helping Canada win an Olympic silver medal in the team event.

Moore-Towers, 21, of St. Catharines, Ont., and Moscovitch, 29, of Toronto teamed up in 2009 and became Canadian pairs champions in 2011. They were runners-up at the national champion-

ships the past two years.

On the international stage, they won multiple medals on the ISU Grand Prix of Figure Skating circuit, and qualified for the ISU Grand Prix Final three times. In 2013 and 2014 they finished just off the medal podium at the ISU World Figure Skating Championships.

"I'm so proud of what Dylan and I achieved in our five years together, and I do want to thank him for everything we accomplished. We are just at different points in our lives," Moore-Towers said in a statement.

THE CANADIAN PRESS



Atletico Madrid's Diego Costa, centre right, celebrates with his teammates after scoring his side's second goal during the Champions League semifinal second leg match against Chelsea in London, Wednesday. Atletico will now face Real Madrid in the finals. ANDREW MATTHEWS/PA WIRE/THE ASSOCIATED PRESS

Chelsea loss sets up inter-Madrid final

Champions League.

Atletico Madrid to face Real Madrid after scoring 3 straight goals

Semifinal

3

Atletico Madrid

1

Chelsea

Atletico Madrid overpowered Chelsea 3-1 on Wednesday to ensure its remarkable season will end with a derby in the Champions League final against Real Madrid.

Although former Atletico striker Fernando Torres put Chelsea in front at Stamford Bridge after a scoreless first leg of their semifinal, Adrián López levelled before halftime to give

the surprise Spanish league leaders a crucial away goal.

Atletico's place in a first European Cup final in 40 years was secured in the second half when Diego Costa netted a penalty on the hour, and Arda Turan knocked the ball into an empty net.

"We completely controlled the game against a great side," Atletico manager Diego Simeone said through a translator.

It was a fourth successive semifinal loss for Jose Mourinho since winning the competition in 2010 with Inter Milan, after previous setbacks at Real Madrid before returning to manage Chelsea last year.

Without Mourinho, Madrid has ended a 12-year wait to reach a Champions League final after trouncing holder Bayern Munich 4-0 on Tuesday and 5-0 on aggregate. The title decider will be a city derby for the first time, in Lisbon on May 24.

By then, Atletico could have been crowned champions of Spain for the first time since 1996. Just two wins are required from the final three matches to break up the Barcelona-Real Madrid stranglehold on the trophy.

After seeing Chelsea win the 2012 Champions League and 2013 Europa League from afar, Mourinho's first season back at the club could now end without a trophy. Although the Blues are second in the Premier League, they require leader Liverpool and third-place Manchester City, which has a game in hand, to slip up in the final matches. THE ASSOCIATED PRESS

Banana-thrower arrested



Italian Premier Matteo Renzi, left, and Italian national soccer team coach Cesare Prandelli share a banana in solidarity with Dani Alves on Monday. THE ASSOCIATED PRESS

Spanish police arrested the man who racially insulted Barcelona defender Dani Alves by throwing a banana at him, with reports on Wednesday claiming the perpetrator worked for Villarreal.

Police confirmed 26-year-old David Campayo Lleo was arrested, with Spanish media reporting he was fired from his role on the coaching staff of one of the club's youth teams.

Villarreal would not confirm nor deny the reports about Campayo Lleo's role with the club when questioned about their authenticity by The Associated Press.

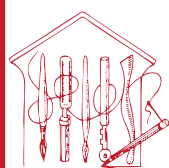
Campayo Lleo faces from one to three years in prison if found guilty of charges related to racist provocation.

Villarreal has already banned Campayo Lleo from the team's El Madrigal Stadium for

life. The Spanish league's disciplinary committee granted Villarreal extra days to present its handling of the incident after it was listed in the referee's match report of Barcelona's 3-2 win at Villarreal on Sunday.

Alves picked up the banana and took a bite, provoking a social media campaign against racism in support of the Brazilian player, who is black.

THE ASSOCIATED PRESS



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Horoscopes

Aries

March 21 - April 20

You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while.

Taurus

April 21 - May 21

Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

Gemini

May 22 - June 21

If others want to make an issue of things that are of no significance to you then you have no choice but to turn your back and walk away.

Cancer

June 22 - July 23

There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Always strive to see life as it is, not as you wish it might be. Then and only then can you make a difference.

Leo

July 24 - Aug. 23

If your ultimate goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

Virgo

Aug. 24 - Sept. 23

The planets are very much in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with courage but other aspects warn you can't do it all on your own. You need to rediscover the joy of how good it feels to share success with others.

Scorpio

Oct. 24 - Nov. 22

You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree.

Sagittarius

Nov. 23 - Dec. 21

Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That really applies on the work front.

Capricorn

Dec. 22 - Jan. 20

For some reason you seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

Aquarius

Jan. 21 - Feb. 19

You think that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for now at least, they've got other things to worry about.

Pisces

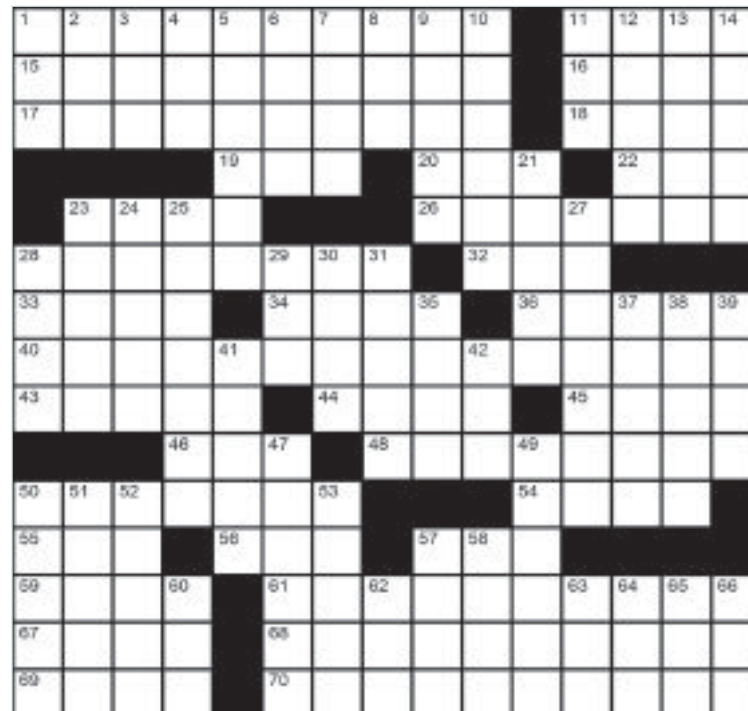
Feb. 20 - March 20

You will discover something about a friend or loved one that surprises you today. Resist the urge to pry any deeper — leave them a few secrets to enjoy. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
- Pod vegetable
- ___ suit
- Fear: French
- Intolerance inciter
- William H. ___ (27th US President)
- 'Stock' suffix
- Aussie hopper
- Rapa ___ (Easter Island)
- Aurora
- Overcast
- PM = Prime ___
- ___ degree
- Worldwide [abbr.]
- Fertilizer ingredient
- Single
- Tummy tuck, for example: 2 wds.
- Heretofore: 2 wds.
- Line giver
- W Network's "Come ___ with Me Canada"
- Cleaning item
- Bespoke
- Where to put carrots and potatoes as common ingredients: 3 wds.
- Conjunctions
- Bo Derek's number
- "Hush."
- Wk. word
- ___ -date
- Winnipeg: James



- Armstrong ___ International Airport
67. Reshmi ___, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly
Down
1. "Up, Up and Away" by The ___ Dimension

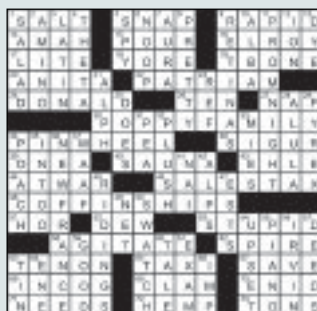
2. Omega-3 fatty acid, e.g.
3. ___ gallery
4. "___haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer

8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "___!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia ___

21. "Tin soldiers and Nixon coming / We're finally ___ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert ___, Harvard University symbolo-

- gist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King ___": Steve Martin's vintage SNL tune
30. ___ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les ___-Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou ___ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by ___-52's
58. Hebrew folk song: "___ Nagila"
60. Gold: Spanish
62. ___Magnon Man
63. Antiperspirant, Soft & ___
64. Casually utters
65. ...three, two, ____
66. Nocturnal periods, briefly

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	5	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	8	6	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

	2						7	
	5	6		8		2	1	
9								6
		7	6		8	1		
			9	4		5	3	
3			7		1			8
	8	2		9		4	5	
	4						3	

Today

12°/7°

Showers

40%

Friday

11°/6°

Showers

60%

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The Weather Network HD

TWN incorporates MSC data

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